

## Muirapuama

**Scientific name:** *Ptychopetalum olacoides*  
Bentham<sup>(6)</sup>

**Family:** Olacaceae<sup>(6)</sup>

**Popular names:** Muirapuama, Marapuama,  
Muiratã, Mirirapuama, Pau homem<sup>(4)</sup>

**Used parts:** wood, root

**Botanical characteristics:** Muirapuama is a bush or small tree up to 5 meters in height shrub and it has small green leaves and white flowers.<sup>(4)</sup>

**Habitat:** Amazon, Brazil<sup>(1)</sup>

**Chemical composition:** alkaloids (muirapuamin), essential oil, beta-sitosterol, behenic acid, arachidic acid, lupeol, cerotic acid, lignoceric acid, phobaphene, montanic acid, nonacosanoic acid, melissic acid, coumarin.<sup>(1,2,3,5,7)</sup>

**Therapeutic indications:** aphrodisiac, anti-rheumatic, anti-stress, anti-dysenteric, CNC-Stimulant, tonic, grippe, and hair loss.<sup>(6,7)</sup>

**Dose:**

- Decoct 20 g in 1 liter of water, take 50-200 ml daily.<sup>(6)</sup>
- Fluid Extract 2 ml daily.<sup>(6)</sup>
- Tincture 10 ml daily.<sup>(6)</sup>

**Other information:** don't take more than 2 g of powdered daily. Isn't recommended to children.<sup>(6)</sup>

**References:**

1. BUCEK, E. U.; FOURNIER, G.; DADOUN, H. Volatile constituents of *Ptychopetalum olacoides* root oil. **Planta Medica**. 1987, V. 53, n. 2, p. 231-233.
2. FORGACS, H. et al. Études phytochimiques et activités biologiques de 18 plantes de la Guyane Française. **Plantes Médicinales et Phytotherapie**. 1983, v. 17, n. 1, p. 22-32.
3. PANKOW, E.; AUTERHOFF, H. Components of muira puama II. **Arch. Pharm.**, 1976. v. 302, n. 3, p. 209-212.
4. PIO, C.M., **Dicionário das Plantas Úteis do Brasil**. 1984, v. 5, p. 256
5. SILVA, R. D. Plantas Mediciniais Brasileiras. Estudo botânico e farmacognóstico – muirapuama. **Rev. Bras. Med. Pharm.** V. 1, n. 1, p. 37-41.
6. TESKE, M. & TRENTINI, A.M.M. **Herbarium: Compêndio de Fitoterapia**, 1995, p. 209-210.
7. TOYOTA, A *et al.* Studies of brazilian crude drugs 1 – muira puama. **Shoyakugaku Zasshi**. 1979. v. 33, n. 2, p. 57-64.